

RESEARCH-BACKED INSIGHT. LIVED RESILIENCE. PRACTICAL CHANGE.

Helping people master the emotions behind the decisions that shape their lives.

Dr. Shari Strong brings the credibility of doctoral research and the clarity of someone who has rebuilt her own life more than once. Her conference talks combine emotional intelligence, decision-making under pressure, resilience, and execution—giving audiences language and tools they can use immediately.

MA, Pastoral Counseling • Doctorate, Strategic Leadership • International Speaker • Workplace Consultant • Author



A SPEAKER WHO HAS LIVED THE MESSAGE

01 / REINVENTION

From Dropout to Doctorate

Shari left high school without a diploma, returned for her GED, and ultimately earned a doctorate in strategic leadership—proof that where you begin is not where your story must end.

02 / RECOVERY

Relearning to Speak

After a near-fatal car accident, Shari rebuilt the very tool at the center of her work—her voice—and gained a deeper understanding of what it means to be heard.

03 / RESILIENCE

Leading Through Loss

After losing her 31-year-old son to mental illness, Shari chose to open honest conversations about grief, mental health, and how people keep leading when life changes everything.

Why conference organizers book Shari

Her sessions sit at the intersection of lived experience and doctoral-level insight. Audiences are moved by the story—but they also leave with a named framework, clear language, and practical next steps.

Ideal audiences

- Leadership and professional associations
- Corporate and sales conferences
- Healthcare and education events
- Women's leadership and faith-based gatherings

"Shari didn't just deliver a keynote—she changed how we see ourselves and each other. Our audience was still talking about it months later."

FEATURED & TRUSTED BY: Leadership Omaha • Liberty University • Budweiser • Kodak • Bloomberg Sales • Contact At Once • and others

THREE TIMELY CONVERSATIONS

Ideas that move people from insight to action.

Each talk can be tailored to the audience and delivered as a conference keynote, breakout, or interactive learning session.

01

45-60
MINUTES

You Decide: Master Your Emotions—Master Your Decisions

Every important decision carries emotion into the room. Drawing from the Decision DynamiX™ framework and Shari's doctoral research, this session helps people recognize the mindset shaping their choices, interrupt reactive patterns, and make clearer decisions when the pressure rises.

AUDIENCE WALKS AWAY

- Identify the emotional pattern influencing a decision
- Recognize how pressure changes trust, clarity, and action
- Use a practical self-coaching reset in real time

02

45-60
MINUTES

Resilience: It's Not About Enduring More

Resilience is too often treated as the ability to absorb more pressure without breaking. Through a deeply personal story of reinvention, recovery, and loss, Shari reframes resilience as the ability to respond, recover, and choose what comes next—without abandoning yourself in the process.

AUDIENCE WALKS AWAY

- Separate healthy resilience from chronic endurance
- Recognize the signals that capacity is being depleted
- Create a personal reset for the next hard season

03

45-60
MINUTES

The 8%: What the Most Successful People Do Differently

Goals are rarely lost because people lack desire. They are lost in the gap between intention and execution. This energetic session explores the mindset, decisions, and consistent actions that turn meaningful goals into measurable progress—and gives audiences a way to close that gap.

AUDIENCE WALKS AWAY

- See where intention is breaking down before execution
- Choose the next decision that creates real movement
- Build a simple action rhythm that survives motivation

FLEXIBLE FORMATS

Conference keynote • Breakout session • Leadership summit • Interactive workshop adaptation

Bring Dr. Shari Strong to your conference.

Request booking information, availability, and the best-fit talk for your audience.

thesharistrong.com/speaking

Decision DynamiX™ is Dr. Strong's research-backed framework for understanding how mindset and emotion shape decisions under pressure.